

**GREATER COLUMBUS SWIM TEAM OF OHIO'S  
LAST DITCH MEET - 2012**

**February 3-5, 2012**

Held under the sanction of USA Swimming, Inc. Sanction Number 3432-OH. All participants, coaches, officials, and teams must be members of USA Swimming, Inc.

**POOL:** The Columbus Academy (see enclosed map). **PARKING IS AVAILABLE ON THE EAST SIDE OF THE FACILITY**, only. The address is 4300 Cherry Bottom Road in Gahanna, Ohio 43230.

**COMPETITION COURSE:** The competition course has not been certified in accordance with USA Swimming rule 104.2.2C(4). Water depth at the starting block end of the pool is 10.0 feet to at least 5.0M off of the wall. Water depth at the shallow end of the pool is at least 3.5 feet at its shallowest to at least 5.0M off of the wall. There are 6 X 25 yard lanes with Kiefer lane lines & Colorado timing.

**EQUIPMENT CONCESSIONS:** Kast-A-Way Swimwear (614) 855-7946

**ENTRY DEADLINE:** All entries must be received by the Entry Chairman by 8:00 P.M. Wednesday, January 25, 2012.

**ENTRY CHAIRMAN:** Brian Tann/ GCSTO PO Box 30483, Gahanna, OH 43230/ (614) 312-8323  
[irelander1848@gmail.com](mailto:irelander1848@gmail.com)

**CO-MEET DIRECTORS:** Ron Bolden/ 2921 Scottwood Road, Bexley, OH 43209 / (614) 833-6254  
[ronebol@aol.com](mailto:ronebol@aol.com) or Steve Nye/ PO Box 30483, Gahanna, OH 43230/ (614) 478-5445  
[stevenye@sbcglobal.net](mailto:stevenye@sbcglobal.net)

**ENTRIES:** All competitors must be athlete members of USA Swimming. Swimmer's age as of February 3, 2012 will determine the eligibility for the age division. We will, once again, use our "Create Your Own Distance Format" design. This allows us to offer all events possible in a fashion that allows participants to choose their own event distance while still keeping the meet to a manageable size. This meet will include almost all possible events. Swimmers and coaches must understand that, because of the structure of the meet, the 15-minute rule will not be in effect. **Please remember that, though athletes of differing ages may be swimming together, all age groups will be awarded separately.** Submit BEST YARD times. All events will be TIMED FINALS. Indicate the total number of swimmers and individual events on the enclosed sheet and return it with the entry forms. If you wish confirmation of entries received, please enclose a stamped, self-addressed postcard or envelope.

Each swimmer may enter a total of five (5) individual events per day plus relays. Relays must be made up of swimmers entered in the meet. A swimmer may compete in either his or her age group relay or in an open relay, but not in both. Swimmers should enter the meet according to the "Ranked Event Preference System" described below. **NOTE:** This meet is always large, so if you enter 5 individual events a day, make sure that you follow the REP System. Relays will be the first events scratched if the meet looks like it will go over the 4 hours allowed per session. Deck entries may be permitted if the meet director determines that time permits. Cost is \$5.00 per individual event and \$7.00 per relay. It is our goal to complete each session in 4 hours or less (excluding the 1650 yd free event on Sunday). Swimmers not already entered in the meet **MUST** bring proof of current USA Swimming membership in order to be allowed to deck enter.

**ENTRY FEE:** \$4.00 per individual event or \$7.00 per relay. \$1.00 per swimmer to Ohio LSC Travel fund. \$1.00 per swimmer to the Ohio Swimming Championship Meet Facility Fund. **Please make checks payable to G.C.S.T.O.**

**RULES:** USA Swimming rules will govern the meet. All swimmers must be registered athletes of USA Swimming. All coaches will be required to sign in prior to each session and present their USA Swimming Coaching Membership Card to a meet director. Coaches are required to wear their USA Swimming Coach Membership Card on deck. No parent or spectator will be allowed on deck except to perform a service or function at the request of the meet management. Wheelchair/handicap access is available. Contact the meet management concerning this issue. **THERE IS NO DECK CHANGING TO BE DONE AT ANY OHIO SWIMMING, INC. SPONSORED MEET.** Failure to do so may result in immediate dismissal from the grounds.

**DIVING REQUIREMENT:** Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**MEET PROCEDURE:** All 50 & 100-yard events, and all relays will be pre-seeded with the first heat of each event comprised of the SLOWEST times entered and the last heat comprised of the FASTEST times entered. All 200 yard and over events will be deck-seeded with positive check-in required. The meet host reserves the right to deck-seed all events if the number of athletes participating in the meet warrant the need for this. The 1650yd free will be seeded fastest to slowest, males and females combined. Swimmers entered in the 1650 free on Sunday will be required to provide their own timers and lap counters.

**ATHLETE PRIVACY PRESERVATION:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

**Ranked Event Preference System:** To comply with USA Swimming's rule that a session should not exceed 4 hours, we are going to utilize a system whereby we will scratch swimmer's down to 4 events (or less), if necessary. In the event that we do need to scratch down anything, the relays will be the first events to be scratched. Please note each swimmers least desirable event with a "1". If it becomes necessary to scratch swimmers from individual events, we will scratch them from their indicated #1) event. If scratches become necessary, refunds for the scratched events will be made payable to and mailed to the team(s) affected. If a swimmer does not enter using this system, the host reserves the right to scratch that swimmer from the events of our choice, as follows: **#1:** 13 & up age group (200 yd events first followed by 100 yd events)/ **#2:** 9-10 age group (100 yd events first followed by 50 yd events)/ **#3:** 11-12 age group (100 yd events first followed by 50 yd events)

**DISABILITY SWIMMERS:** Swimmers with a disability are welcomed to enter Ohio Swimming Meets. Coaches, entry procedures are the same as for all other swimmers. Please provide advance notice of any necessary accommodations needed by the swimmer. List with your entry the swimmer's name, entry times, strokes/distances, days/sessions, and how the swimmer prefers to be seeded. Swimmers with a disability will be seeded with the same age group in either the same distance race or a longer distance race (i.e. 50 free during the 100 free event). Qualifying time standards at regular season meets are waived for swimmers with a disability. At Ohio Swimming Championship Meets swimmers with a disability may enter if they qualify in at least one event for the US Paralympic National Championships. At the Central Zone Meet four swimmers with a disability are welcome on the Ohio Zone Team without meeting the qualifying time standards. More information is available under "Adapted Swimming" on the Ohio Swimming web site ([www.swimohio.org](http://www.swimohio.org)).

**BULLPEN:** The bullpen for 10 & under swimmers will be located in the wrestling room located through the 2<sup>nd</sup> floor door on the steps leading to the balcony at the starting block end of the pool. This area will also be open for parents and swimmers to relax during the meet. Please **STAY OFF OF, AND KEEP FOOD & DRINK OFF OF, THE WRESTLING MATS** while in this room. **We ask that coaches go over bullpen procedures with their athletes so that the athletes know what to expect when they get into the bullpen.**

**FOOD CONCESSIONS:** This will be located in the wrestling room located through the 2<sup>nd</sup> floor door on the steps leading to the balcony at the starting block end of the pool.

**AWARDS:** Awards will be handed out to swimmers at the meet after the results of their event have been announced. Awards not claimed by the final session of the meet will be given to the coach at the end of that session. We will award the following age group categories: 8 & under, 9 - 10, 11-12, 13 & above. Remember that in the 11 & over session, although, athletes may be swimming together with other age swimmers in their events, they will still be awarded separately by age division.

Individual Events: Custom Medals - 1st – 6th

Relay Events: Custom Ribbons - 1<sup>st</sup> – 3rd

Heat Winner Ribbons - All 10 & under events

**WARM-UP PROCEDURE:** No diving... feet first entry with one hand on the pool deck upon entry for general warm-ups. Diving permitted only when doing one way sprints during the last 15 minutes of warm-up.

<u>Lane</u>	<u>0-15min</u>	<u>15-30min</u>
1	General	Pace
2	General	Sprint
3	General	General
4	General	General
5	General	Sprint
6	General	General

**MEET SCHEDULE:**

Friday: Girls 5:00 - 5:30 P.M./ Boys 5:30 - 6:00 P.M./ Meet Starts: 6:05 P.M.

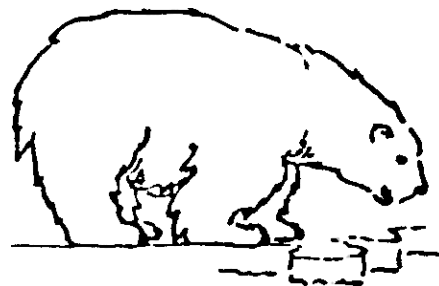
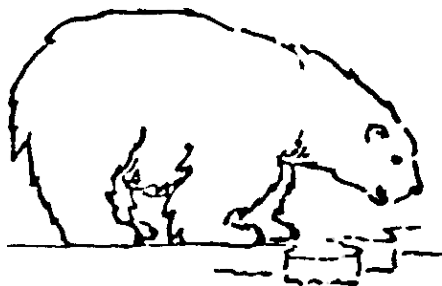
Saturday & Sunday A.M. Sessions: GCSTO girls 7:45-8:10 A.M./ All other girls 8:10-8:35 A.M.

All GCSTO Mansfield girls & All boys from all teams 8:35 - 9:00 A.M./ Meet Starts: 9:05 A.M.

Saturday & Sunday P.M. Sessions: Girls 1:30 - 2:00 P.M./ Boys 2:00 - 2:30 P.M./ Meet Starts: 2:35 P.M.

\* GCSTO reserves the rights to adjust warm-up assignments and procedures to more evenly divide the number of swimmers in the pool during each session of warm-ups. Any teams affected by this decision will be contacted one week prior to the meet to allow them time to communicate any changes to their swimmers.

\* The meet start time has been made later to allow the morning swimmers a better opportunity to be prepared for their swims...and, in the case of adjusted warm-up assignments, we will be able to add another half hour (7:30-8:00 a.m.) of warm-ups while still starting the meet on time.



**ORDER OF EVENTS:** Girls & Boys (Mixed)

***Friday Evening Session***

- #1 Mixed 10 & Under 100 IM
- #2 Mixed Open 500 Freestyle
- #3 Mixed 10 & Under 200 Freestyle
- #4 Mixed Open 200 IM

***Saturday Morning Session***

- #5 Mixed 10 & Under 100 Butterfly
- #6 Mixed 8 & Under 100 IM
- #7 Mixed 10 & Under 50 Freestyle
- #8 Mixed 8 & Under 50 Backstroke
- #9 Mixed 10 & Under 50 Breaststroke
- #10 Mixed 8 & Under 50 Butterfly
- #11 Mixed 10 & Under 100 Backstroke
- #12 Mixed 10 & Under 200 Freestyle Relay
- #13 Mixed 8 & Under 200 Freestyle

***Saturday Afternoon Session***

- #14 Mixed 11 & Over 50 Butterfly
- #15 Mixed 11 & Over 200 Butterfly
- #16 Mixed 11 & Over 100 Backstroke
- #17 Mixed 11 & Over 50 Breaststroke
- #18 Mixed 11 & Over 200 Breaststroke
- #19 Mixed 11 & Over 100 Freestyle
- #20 Mixed 11 & Over 200 Freestyle Relay
  - 5-10 minute break
- #21 Mixed 11 & Over 400 IM

***Sunday Morning Session***

- #22 Mixed 10 & Under 50 Butterfly
- #23 Mixed 8 & Under 100 Freestyle
- #24 Mixed 10 & Under 100 Freestyle
- #25 Mixed 8 & Under 50 Breaststroke
- #26 Mixed 10 & Under 50 Backstroke
- #27 Mixed 8 & Under 50 Freestyle
- #28 Mixed 10 & Under 100 Breaststroke
- #29 Mixed 10 & Under 200 Medley Relay
  - 5-10 minute break
- #30 Mixed 10 & Under 200 IM

***Sunday Afternoon Session***

- #31 Mixed 11 & Over 100 IM
- #32 Mixed 11 & Over 50 Freestyle
- #33 Mixed 11 & Over 100 Butterfly
- #34 Mixed 11 & Over 200 Backstroke
- #35 Mixed 11 & Over 50 Backstroke
- #36 Mixed 11 & Over 100 Breaststroke
- #37 Mixed 11 & Over 200 Medley Relay
- #38 Mixed 11 & Over 200 Freestyle
  - 15 minute break
- #39 Mixed Open 1650 Freestyle

**GCSTO 2012 LAST DITCH INVITATIONAL**

**COLUMBUS ACADEMY NATATORIUM - GAHANNA, OHIO**

**February 3-5, 2012**

**SANCTION NUMBER 3432 - OH**

Please return this form with your entry forms

The undersigned team representative certifies by his/her signature that all athletes participating for, or entered by the team in this sanctioned swim meet are currently member athletes of USA Swimming. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach is currently a coach member of USA Swimming, or a USA Swimming non-athlete "other" member without exception under the direction of a USA Swimming "coach" member.

**TEAM:** \_\_\_\_\_

**REPRESENTATIVE'S PRINTED NAME:** \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_